

Roger Tijerina, MDOC Selected to Run with Governor Granholm 5-Mile Mackinac Bridge Labor Day Run

I've been a runner my whole life, although I've never taken it seriously. My goal has always been to run for 21 minutes at a minimum. I always understood 21 minutes is the least amount of exercise time if you expect to benefit. I run to control my weight and reduce stress, however, as I've gotten older I'm losing the benefits. I'm gaining weight and what use to be 3 miles is now barely 2 miles. I don't really run anymore I kinda shuffle.

However, since my name was drawn, I've become more focused. I'm using this opportunity to improve my overall health and to get back what I may have lost in the past. My goals are to get in better shape (I'd like to say "lose weight" but that would be too much pressure), exercise on a more regular and consistent basis, and to eat healthier. I've been exercising about 4 times a week for the last couple weeks, so far so good. Now I just need to improve on the eating part. I find the more I run the hungrier I am.

My wife ran the marine marathon a couple years ago and that motivates me too. She ran because my son was over in Iraq at the time. She was never a runner but completed 9 months of training and actually finished. I could never run a marathon, but I am using the 5 mile run as my marathon. Kinda like a mini-mini marathon/shuffle. I just hope I don't finish last.

Submitted by Roger Tijerina

